



Eat More Fruits and Vegetables

This article comes from our friends at eXtension.org. We all know we need to eat healthy, here's ten reasons why.

1. Eating more fruits and vegetables as part of a healthy diet may help you reduce your risk of chronic diseases such as heart disease and some forms of cancer.
2. The fiber in fruits and vegetables may help to lower blood cholesterol levels.
3. Eating more fruits and vegetables may help reduce your chance of Type 2 diabetes.
4. Generally, fruits and vegetables are lower in calories than many other foods, so choosing to eat more fruits and vegetables can help to lower your overall calorie intake.
5. Foods that are rich in potassium like oranges and bananas may help you maintain a healthy blood pressure.
6. Almost all fruits and many vegetables are low in fat and sodium. Also, fruits and vegetables are naturally cholesterol free.
7. Eating whole fruits and vegetables adds fiber to your diet. Fiber fills you up. This feeling of fullness may help you maintain your weight.
8. If you are a woman of childbearing age or in your first trimester of pregnancy, you need folate (folic acid), a nutrient that is found in fruits and vegetables. Folate reduces the risk of birth defects during your baby's development.
9. Fruits and vegetables contain phytochemicals (plant compounds) that may help prevent or delay disease and help you maintain good health.

And finally, here's a great reason to eat more fruits and vegetables – the variety of colors, flavors, and textures that fruits and vegetables bring to meals and snacks.

July Schedule

Wear your Red, White and Blue	7
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Christmas in July	28



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Support the Market Decal Day

Be one of the first 500 people at the market this week and receive a free window cling decal that tout's your Sandhill Farmers Market. The cling plastic attaches to the car or business glass and removed if necessary. The was made possible through AgSouth Farm Credit. We proudly show your support Sandhill Farmers fun, food and community



support of the The window inside of your can be easily attractive oval the support of invite you to of the Clemson Market...where come together.

Market Flash

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You Can Help the Sandhill Farmers Market

Our goal with the market is to provide both our vendors and our customers with a quality, successful experience. Following are a few ways you can help.

- Encourage your friends and neighbors to sign up for the newsletter
- Smartphone users can text SHILL to 66866
- Make our Tuesday market a weekly habit
- Invite vendors you like from other markets to consider joining our market
- Bring a friend with you and introduce them to the Sandhill experience
- Prominently display your Sandhill Farmers Market decal
- Forward this newsletter

Support Your Local Farmers Markets

While we hope to see you every Tuesday afternoon during the season there are other Farmers Markets in the area which need your support.

You will find many of our vendors at these fine markets as well.

Wednesday: [Blythewood Market](#)

Thursday: [Lake Carolina](#)

Saturday: [Kershaw Market](#)

Saturday: [Soda City Market](#)

July 7th Market Photos



The Sandhill Farmers Market... where fun, food, and community come together.

A power outage may occur during a seasonal storm such as a hurricane, tornado or flood, or may simply be caused by work being done on electric lines. Whatever the cause, the following recommendations apply to food safety in power outages.

Safety Recommendations

Use a Thermometer: Keep an appliance thermometer in the refrigerator and freezer at all times to see if food is being stored at safe temperatures (34 to 40 °F for the refrigerator; 0 °F or below for the freezer). The key to determining the safety of foods in the refrigerator and freezer is how cold they are. Most foodborne illnesses are caused by bacteria that multiply rapidly at temperatures above 40 °F.

Leave the Freezer Door Closed: A full freezer should keep food safe about two days; a half-full freezer, about a day. If freezer is not full, group packages together quickly. Group meat and poultry to one side or on separate trays so their juices will not contaminate each other or other foods if the meat and poultry thaw. Then avoid opening the freezer door to prevent the cold air from escaping.

Add bags of ice or dry ice to the freezer if it appears the power will be off for an extended time. Use three pounds of dry ice per cubic foot of freezer space. Dry ice registers -216 °F, so rubber gloves or tongs must be used when handling it. Wrap the ice in brown paper for longer storage, and separate it with a piece of cardboard from direct food contact. Fill a partially empty freezer with crumpled newspaper to cut down on air currents, which cause the dry ice to dissipate. Provide adequate ventilation for carbon dioxide in areas where dry ice is used. Do not cover air vent openings of freezer.

Refrigerated Items: These foods should be safe as long as the power is out no more than about four to six hours. Discard any perishable food that has been above 40 °F for two hours or more and any food that has an unusual odor, color or texture. Leave the door closed; every time you open it, needed cold air escapes, causing the foods inside to reach unsafe temperatures. If it appears the power will be off more than six hours, transfer refrigerated perishable foods to an insulated cooler filled with ice or frozen gel packs. Keep a thermometer in the cooler to be sure the food stays at 40 °F or below. [Read the entire article by clicking here.](#)



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Grilled Chicken and Peaches with Chipotle-Peach Dressing

- ◆ 1/3 cup peach preserves
- 1/3 cup peach nectar
- 4 tsp red wine vinegar
- 2 tsp adobo sauce from canned chipotle peppers
- 2 tsp extra virgin olive oil, plus additional for brushing
- 1 tsp chopped fresh cilantro plus sprigs for garnish
- 3 large peaches, each cut into 8 wedges
- 4 boneless chicken breast halves

Stir preserves, next 3 ingredients, 2 tsp oil, and chopped cilantro in medium bowl; season with salt and

pepper. Transfer 1/4 cup to small bowl. Brush peaches, then chicken with oil and dressing from small bowl. Sprinkle with salt and pepper. Grill chicken until cooked through, about 7 minutes per side on medium-high heat. Grill peaches until slightly charred, about 2 minutes per side. Place chicken breast on plate and surround with peaches. Drizzle remainder of dressing over chicken and peaches. Garnish with cilantro sprigs.

[Courtesy of the SC Peach Council](#)

See how many of these ingredients you can find at the Sandhill Farmers Market!

Our Market Supporters: [AgSouth Farm Credit](#), [Columbia NE Kiwanis](#), [Spring Valley Rotary Club](#),

Listing of 2015 Farmers Market Vendors

The Sandhill Farmers Market is fortunate to have the participation of so many quality vendors. Their selections run the gamut from fresh produce, fruits, seafood, wood crafts, fabric crafts, baked good, plants, shrubbery, natural personal care products, prepared foods and more. Some vendors are with us for the entire 30 week season, some for half of the season and others on a week to week basis. Following you will find a listing of the hard working entrepreneurs waiting to greet you. All of those in ***bold italics*** have links built in. Please note that not all vendors are able to participate in every market.

Name
<i><u>Asya's Organic Farms</u></i>
Isom's Delights
<i><u>The Peanut Man</u></i>
<i><u>The Crescent Olive</u></i>
Charleston Cooks
Junior Chefs
AAA Greenthumb
Martin Farms Produce
<i><u>Erbe</u></i>
Paparazzi Jewelry
<i><u>The Belgian Waffle Truck</u></i>
Bee My Honey
<i><u>Chill Out Pops</u></i>
Lexington Shades of Green
Penny's Quilts and Gifts
<i><u>Lane Specialty Gardens</u></i>
<i><u>Sunny Cedars Farm</u></i>
CSD Enterprises
The Veggie Patch
It's My Sister's Fault
<i><u>January Remington</u></i>

Name
<i><u>Southern Sky Yoga</u></i>
<i><u>Leesville Aquaponics</u></i>
<i><u>Trail Ridge Farm and Dairy</u></i>
Ms. Zessie's Specialties
<i><u>Jamerry Nails</u></i>
Lem's Farm Shop
<i><u>Doswell Farm</u></i>
J's Concessions
<i><u>Livingston Farms</u></i>
Ashley's
<i><u>Old McCaskill's Farm</u></i>
The Bird Man
<i><u>Nanna's Naturals</u></i>
Conyer's Farms of Kingstree
<i><u>Company of OHS</u></i>
<i><u>The Shrimp Guy</u></i>
<i><u>Boutique Poulet</u></i>
Bradham Farms
Judith's Hands
Isom's Delights
Cakes and More by Angela



<i><u>Congaree Milling</u></i>	<i><u>McCurley Farms</u></i>
3G's	<i><u>Penny's Naturals</u></i>

Each week we talk with perspective vendors interested in participating at the Sandhill Farmers Market. If you would like to become a vendor please visit our [market page](#) and view the vendor information along with the vendor application found in the right hand navigation pane.

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